

Adult Rec League “Code of Conduct”

Some things you should be aware of before going on the ice before your first game!

- Referees are official sanctioned referees that will call off-sides, icing, and other infractions. They will use their experience to make judgments, especially in calling penalties. Sometimes players collide accidentally, resulting in a non-call. Remember that the referee makes the best call possible in the moment and sometimes mistakes do happen.
- Our best advice for all skaters to keep their bodies and sticks under control at all times. Once you leave your skates to dive for a puck or block a shot, you’ll lose the ability to control your body to avoid a collision with other players and the boards. Stay on your feet. Also keep control of your stick at all times. You’re responsible for controlling your stick in all situations. Any high sticking, including accidental, can result in a penalty.
- See the numbers on the back of your opponent’s jersey when you’re near the boards? Your opponent is most vulnerable during this time. Slow down, keep control of your body, and enter the situation to either side of the skater. Doing so will prevent a serious injury to you and/or your opponent.
- Players will change “on-the-fly” during the game. No horn will blow at regular intervals for equal ice time. “Shifts” as they’re referred to usually last about 1 minute. Changing quickly helps keep you fresh throughout the game and keeps your teammates happy as no one wants to sit on the bench for extended periods of time. When coming back to the bench, yell out your position so that the next player know where to go on the ice and to avoid too many skaters on the ice.
- Captains will be in charge of organizing lines before the games (based on attendance). It’s a good idea to have an idea on what position(s) you might want to play. Try something different for the first half of the season and then settle into a position you feel comfortable with. There will be times where you’ll have to play a position you don’t want! **Captains have been directed to name who should be on the ice for the last minute of the game only.** At all other times during the game, including special teams, we want all skaters will be given the chance to participate.
- It’s frowned upon to attack a weaker skater who has the puck with the same intensity as someone who is as good or better than yourself. Recognize the skill level of the player you’re engaging and adjust your compete level accordingly.
- Keep your sticks down. Refs have been told to tightly call hooking, slashing, tripping.
- Move the puck! Get your teammates involved especially if you’re one of the better skaters on the team. The best part of hockey is that it’s a team sport!
- If the score starts to get out of hand, less experienced players should be played more and should be given more chances to score.
- We place more emphasis on the spirit of the rules than we do the scores of the game.

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